

NUTRITIONAL FACTS

THE PERFECT GOURMET

Mini Potstickers



Mini Classic Chicken Dumplings (Potstickers)

KEEP FROZEN

Perfect Party Size

HEATING INSTRUCTION: HEAT FROM FROZEN

Pan Fry: Put approx. 1.5 tablespoon of oil in a non stick frying pan. Heat on medium heat. Add 10-12 FROZEN wontons and heat until golden brown, about 5 minutes. Serve

Wonton Soup: Bring Chicken or Vegetable broth to a boil, add FROZEN wontons and heat for 1-2 minutes. Add baby bok choy and green onion and season to taste. For an even heartier meal, add udon or ramen noodles.

Boil: Add 10-12 FROZEN wontons to a pot of boiling water and heat for 1-2 minutes. Drain, remove excess water and serve.

Microwave: Place 12 FROZEN wontons on a microwave-safe dish lined with a wet paper towel. Cover with another wet paper towel and heat on high for 1-2 minutes.

Air Fryer: Lightly spray with oil. Cook at 375 for 5-6 minutes, shaking the basket once halfway through

INGREDIENTS

Filling: Chicken, Cabbage, Soy Sauce (Water, Wheat, Soybeans, Salt, Sodium benzoate : Less than 1/10 of 1% as a preservative), Canola Oil, Sugar, Onion, Sesame Oil, Garlic, Salt, Black Pepper Powder.

Dough: Wheat Flour, Water, Modified Tapioca Starch, Wheat Gluten, Salt, Soybean Oil.

Contains: Wheat, Soy

NET. WT. 16.64 oz (1.04 lbs) 472.5 g Approx. 45 - 47 pcs

Manufactured for The Perfect Gourmet

Towson, Maryland 21204



www.theperfectgourmet.com

Nutrition Facts

Serving Size 13 pieces (137g)
Servings Per Container about 3.4

Amount Per Serving

Calories 240 Calories from Fat 60

% Daily Value*

Total Fat 7g 11%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 40mg 13%

Sodium 630mg 26%

Total Carbohydrate 28g 9%

Dietary Fiber 2g 8%

Sugars 3g

Protein 14g

Vitamin A 0% • Vitamin C 20%

Calcium 2% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

NUTRITIONAL FACTS

THE PERFECT GOURMET



Mini Classic Vegetable Dumplings (Potstickers)

KEEP FROZEN FULLY COOKED

Perfect Party Size

HEATING INSTRUCTION: HEAT FROM FROZEN

Pan Fry: Put approx. 1.5 tablespoon of oil in a non stick frying pan. Heat on medium heat. Add 10-12 FROZEN wontons and heat until golden brown, about 5 minutes. Serve

Wonton Soup: Bring Chicken or Vegetable broth to a boil, add FROZEN wontons and heat for 1-2 minutes. Add baby bok choy and green onion and season to taste. For an even heartier meal, add udon or ramen noodles.

Boil: Add 10-12 FROZEN wontons to a pot of boiling water and heat for 1-2 minutes. Drain, remove excess water and serve.

Microwave: Place 12 FROZEN wontons on a microwave-safe dish lined with a wet paper towel. Cover with another wet paper towel and heat on high for 1-2 minutes.

Air Fryer: Lightly spray with oil. Cook at 375°F for 5-6 minutes, shaking the basket once halfway through

INGREDIENTS

Filling: Green Cabbage, Rehydrated Bean Thread [Water, Bean Thread (Sweet Potato Starch, Carrageenan, Salt)], Tofu (Water, Soybean, Calcium Sulfate, Glucono delta-lactone, Magnesium Chloride), Carrot, Rehydrated Potato Flake [Water, Potato Flake (Potatoes, Mono&diglycerides, Sodium acid pyrophosphate, Citric Acid), Onion, Scallion, Sesame Oil, Sugar, Seasoning (Yeast Extract, Flavoring, Salt), Salt, Oat Fiber, Soy Protein Concentrate, Garlic Powder, Modified Corn Starch, Black Pepper

Dough: Wheat Flour, Water, Modified Tapioca Starch, Wheat Gluten, Salt, Soybean Oil

Contains: Wheat, Soy

NET WT. 16.7 oz (1.04 lbs) (473 g) Approx. 45 - 47 pcs

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Towson, Maryland 21204

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Nutrition Facts

About 6 servings per container
Serving size 8 pieces(84g)

Amount Per Serving
Calories 130

% Daily Value*

Total Fat 3g 4%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 400mg 17%

Total Carbohydrate 23g 8%

Dietary Fiber 0g 0%

Total Sugars 2g

Includes 1g Added Sugars 2%

Protein 5g

Vitamin D 0mcg 0%

Calcium 26mg 2%

Iron 2mg 10%

Potassium 68mg 2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

